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2016
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Self-Compassion and Perceptions of Judgment: Do Self-Compassionate People Perceive Others
as Judging them Less?

Honors Project

In fulfillment of the Requirements for
The Esther G. Maynor Honors College
University of North Carolina at Pembroke

By

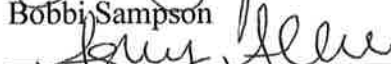
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Acknowledgments

I would like to thank PURC (Pembroke Undergraduate Research Creativity Center) for their support. This project was funded through the Undergraduate Scholar Assistantship Grant. Also, I would like to thank my mentor Dr. Ashley Allen. Throughout this past academic year I gained valuable knowledge and experience through her mentoring. Finally, I would like to thank the Esther G. Maynor Honors College for giving me such amazing academic and research opportunities.

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ABSTRACT

TITLE OF PROJECT: Self-Compassion and Perceptions of Judgment: Do Self-Compassionate People Perceive Others as Judging them Less?

This study investigated whether self-compassionate people perceive others as judging them less compared to less self-compassionate people. Based on previous research showing that self-compassionate people judge themselves less, I hypothesized that they would also feel less judged by others. In addition, I hypothesized this effect would be stronger when the participants were in a condition that was their fault. Participants ($N = 138$) were randomly assigned to two conditions: fault or no-fault. The fault and no-fault conditions consisted of two counter-balanced scenarios (failure vs. weight). Participants rated higher self-judgments in the weight scenario than the failure scenario. Also, self-compassionate participants perceived their friends as judging them less in the weight scenario than the failure scenario. Our results showed that self-compassionate people perceived the average college student as judging them less in the failure and weight scenario compared to less self-compassionate people. Our results found partial support for our hypothesis that self-compassionate participants would perceive less judgment from others. This relationship was more pronounced for the weight scenario than the failure scenario.

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Self-Compassion and Perceptions of Judgment: Do Self-Compassionate People Perceive Others as Judging Them Less?

Self-compassion is a relatively new concept to Western psychology. However, current research suggests that self-compassion may be associated with a variety of psychological benefits (Brienes & Chen, 2012; Macbeth & Gumley, 2012, Zessin, Dickhauser, & Garbade, 2015). Self-compassion involves showing kindness to oneself to cope with suffering (Neff, 2003a). Self-compassion is not used to avoid suffering, but to acknowledge it and understand that everyone suffers throughout life. Self-compassion should not be seen as similar to self-esteem. Self-compassion is showing kindness to one self when going through adversity (Neff, 2000a). However, self-esteem is to what extent an individual values oneself or what one perceives his/her self-worth to be (Neff, 2011). There is a distinct difference between the two concepts. Self-compassion is being compassionate towards oneself whereas self-esteem is an individual's perceived value. Some research has been conducted on how self-compassionate people perceive themselves. Based on past research, self-compassionate individuals should judge themselves and others less (Leary et al., 2007). However, there is limited research on the interpersonal nature of self-compassion. The purpose of this research study is to replicate the finding that self-compassionate people judge themselves less and to see whether self-compassionate people perceive others as judging them less as well.

Self-Compassion

Self-compassion is showing kindness to oneself to relieve suffering (Neff, 2003a). Self-compassion is not used to avoid suffering but to acknowledge it and understand that everyone suffers throughout life. Self-compassionate people are less likely to experience self-critical thoughts due to a failure. Also, they are more likely to acknowledge their mistakes and are more likely to understand that everyone makes mistakes throughout life (Neff, 2003a). Self-

compassionate people are more accepting of their flaws and failures, thus there is no need to compare themselves to others (Neff, 2003b). According to Neff (2003a) self-compassion is composed of three parts: self-kindness, common humanity, and mindfulness. Self-kindness is expressing kindness and understanding to oneself, through positive self-talk and behaviors. Common humanity is the understanding that everyone suffers. Therefore, no one is alone in his or her personal suffering. Mindfulness is the awareness of one's pain and suffering and being able to acknowledge these negative emotions, without being consumed by them. These three components of self-compassion allow an individual to acknowledge his or her negative emotions, express kindness and understanding to alleviate suffering, and understand that everyone suffers throughout life.

Intrapersonal Outcomes Associated with Self-Compassion

Previous research has shown numerous benefits associated with self-compassion. Self-compassionate people tend to report more self-love and connection with others (Lindsay & Creswell, 2014). These feelings might be due to the self-kindness and common humanity components of self-compassion, respectively. Self-compassion is also positively associated with happiness, positive attitude, and positive peer influence (Neff & McGehee, 2010). Self-compassionate individuals are able to acknowledge negative feelings instead of being engrossed by them (Hofmann et al., 2011). This acknowledgement allows self-compassionate individuals to focus less on the negative aspects of life and more on the positive. Self-compassion is associated with less psychological distress such as reduced depressive symptoms, stress and anxiety, negative emotions, and mental health symptoms (Hofmann, Grossman, & Hinton 2011; Macbeth & Gumley, 2012). Self-compassion may be similar to the coping strategy of positive cognitive restructuring as self-compassionate people tend to find meaning in negative circumstances (Allen

& Leary, 2010). Self-compassion is linked to overall well-being and higher life satisfaction (Neff, 2003a; Zessin, Dickhauser, & Garbade, 2015). Therefore, self-compassion is associated with positive mental health, and overall functioning (Diener & Ryan, 2009; Neff, 2011; Zessin, Dickhauser, & Garbade, 2015).

According to Neff (2003a), self-compassionate people are more self-aware of their emotions, and are more likely to effectively cope compared to less self-compassionate people. Due to self-compassionate individuals possibly being more attuned with their emotions and capabilities, they may be more likely to have control over their feelings and accept when they have reached their limit. Neff, Hsieh, and Dejitterat (2005) found that self-compassion is linked to positive coping strategies and positive thinking. Students higher in self-compassion were more likely to use positive coping strategies, and positive thinking when receiving a failing grade on a midterm exam, compared to students lower in self-compassion. Also, self-compassion is associated with goal achievement and taking ownership of one's actions. According to Allen and Leary (2010), self-compassionate people are less likely to use self-blame (i.e. perceiving themselves negatively) after a negative event occurred, and to generalize negative thoughts to other aspects of their lives. In a study conducted by Leary, Tate, Adams, Allen, and Hancock (2007) self-compassion was associated with experiencing less negative emotions when facing a real or imagined negative life event. The results from the study indicated that self-compassion can be used as a buffer against hardships in life.

Self-compassion is associated with heightened motivation and resiliency. Adams and Leary (2007) explain that self-compassionate people may be more likely to stay motivated towards a health goal they have set for themselves. In their study, dieting participants who were encouraged to think more self-compassionately after eating a donut ate significantly less candy

than participants in the control condition. The self-compassion manipulation may have influenced participants to understand that everyone fails on their diet (i.e., common humanity) and one failure does not mean they should give up. According to Neff (2003a) individuals higher in self-compassion are more likely to engage in positive health behaviors (i.e. eating healthy, exercising, reading). Self-compassionate people are more motivated to achieve goals than less self-compassionate people (Arimitsu & Hofmann, 2014). Brienes and Chen (2012) found that when self-compassionate individuals were presented with an unpleasant event (i.e. failed exam, moral transgression), they were influenced to make a positive change in their lives. Self-compassion may be an effective strategy for motivating positive change. Williams and colleagues (2008) found that self-compassionate individuals may be less likely to worry about academics, and their abilities to perform well on academic assignments. Due to mindfulness, self-compassionate individuals may manage academic stressors better than less self-compassionate people which may motivate them to not procrastinate (Williams, Stark, & Foster, 2008).

Previous research suggests that self-compassion is associated with several positive behaviors. According to Sirois, Kitner, and Hirsch (2015) self-compassion has been linked to less binge eating and better immune system function. Self-compassionate individuals are less likely to experience negative emotions compared to less self-compassionate people. Self-compassion may be a possible mediator in the relationship between negative feelings and negative behaviors. Therefore, self-compassionate people may participate in less negative behaviors than lower self-compassionate people (Sirois et al., 2015). Brion, Leary, and Drabkin (2014) conducted a study to see whether self-compassion participants with HIV would engaged in more healthy behaviors than less self-compassionate participants. Brion et al., (2014) found

that self-compassionate participants engaged in more positive behaviors compared to less self-compassionate people. Self-compassionate people were more likely to inform a sexual partner and family members of their HIV status than less self-compassionate people. Also, self-compassionate people were less likely to miss daily medications compared to less self-compassionate people. Overall, previous research shows that self-compassion has several benefits for the self-compassionate individual across emotional, cognitive, and behavioral domains. However, less research have investigated the benefits (or costs) of self-compassion in interpersonal relationships.

Perceptions of Self-Compassionate People

Self-compassionate people perceive themselves more positively and judge themselves less (Leary et al., 2007). The self-kindness component of self-compassion involves expressing kindness through positive self-talk and behaviors in difficult situations. Instead of judging oneself harshly, a self-compassionate individual will use self-kindness to heal personal suffering (Neff, 2003b). Joeng and Turner (2015) explain that less self-compassionate individuals tend to associate themselves with more self-critical thoughts and behaviors. Self-critical individuals also have feelings of unworthiness, shame, and inferiority (Gilbert & Procter, 2006). Self-critical individuals tend to believe that others judge them harshly; therefore, they have a right to judge themselves harshly as well (Gilbert, Baldwin, Irons, Baccus, & Palmer, 2006). Also, self-critical individuals hold themselves to a higher internalized standard. A standard they believe they cannot reach because of the belief that they are not good enough. Self-criticism is associated with depression; the more self-critical an individual is the higher the depression in that individual may be (Gilbert & Procter, 2006).

Self-compassionate people tend to view their worth as unconditional (Barnard & Curry, 2011). A self-compassionate individual has the understanding that one should show kindness to oneself, even if he/she has failed at something. Self-compassionate people are more likely to acknowledge their failures and express their feelings about their failures to others (Barnard & Curry, 2011). Self-compassionate people are more likely to accept and take responsibility for their failures. Also, self-compassionate people are more likely to perceive a negative situation positively compared to low self-compassionate people (Leary et al., 2007; Neff, Kirkpatrick, & Rude, 2007). Overall, self-compassionate people are less likely to judge themselves and judge others (Leary et al., 2007). Due to self-compassionate people perceiving negative events more positively compared to less self-compassionate people this may be why self-compassionate people tend to judge less.

Research has shown that other people perceive self-compassionate people more positively. Neff and Beretvas (2013) found that relationship partners of self-compassionate people rate their overall relationships more positively. Self-compassionate partners are perceived as being less aggressive, having emotional connectedness, and appearing more autonomy seeking. Self-compassionate relationship partners are also perceived as being more open and accepting of their significant other. In comparison, low self-compassionate relationship partners were perceived as being distant, ruminating on negative aspects of the relationship, and being self-critical (Neff & Beretvas, 2013). Yarnell and Neff (2013) found that self-compassionate relationship partners were reported as less likely to self-prioritize in the relationship than low self-compassionate relationship partners. In the context of transgressions, Allen, Barton, and Stevenson (2015) found that self-compassionate individuals were more likely to judge transgressors less regardless if the individual was perceived as being high or low in self-

compassion. However, self-critical participants were more likely to judge self-compassionate transgressors more harshly.

Current Study

A substantial amount of research focuses on the benefits of self-compassion for the self-compassionate individual as well as the benefits of self-compassionate people to interpersonal relationships. However, we know very little about how self-compassion works in a social context. By nature of the trait, self-compassionate people naturally judge themselves less. However, very little research has addressed how self-compassionate people are perceived by others and no research has addressed how self-compassionate people think they are perceived by others. The purpose of this study is to examine whether self-compassionate people perceive others as judging them less. We hypothesize self-compassionate individuals will perceive others as judging them less than less self-compassionate individuals and we expect this effect to be most evident when the self-compassionate individual is clearly at fault for their situation. In addition, we investigated this hypothesis by looking at two kinds of negative events. One event describes a failure situation whereas the other describes an embarrassing situation. We anticipate self-compassionate people may think others will judge them differently depending on the event; however, we are not hypothesizing any particular direction.

Method

Participants

Participants were 138 individuals (males $N=28\%$, females $N=72\%$) recruited from a public university in the Southeastern region of the United States who received course credit for participation. The ethnicity of the sample was as follows: African American (36 %), Caucasian (24 %), Native American (18.4%), Asian American (0.8 %), Hispanic (13.6 %), Other (5.6 %),

and did not specify their ethnicity (6.7 %). The class rank of the participants was 56.8% freshman, 32% sophomore, 8% junior, and 3.2% senior.

Procedure

Participants were recruited through SONA, an online psychology experiment database. The study was advertised on SONA and participants could participate by clicking the provided link. The participants were first directed to a standardized informed consent. Participants indicated their consent by providing their SONA identification number. Participants were randomly assigned to one of two groups: fault or no-fault. The fault group imagined themselves in two counter-balanced scenarios. In the first scenario, participants imagined that they failed an assignment because they did not do the assigned work appropriately (e.g., Imagine that you are assigned a project for class. You procrastinate and end up trying to put the project together at the last minute. As a result you receive an F). In the second scenario participants imagined that they could not ride a roller coaster because they were overweight due to excessive eating (e.g., Imagine that you are significantly overweight as a result of overeating and lack of exercise. You go to an amusement park and are asked to get off the ride because of your weight). The no-fault group also imagined themselves in two scenarios. The first scenario participants imagined that they failed an assignment due to a computer technicality (e.g., Imagine that you are assigned a project for class. You complete the project on time, but because of a computer error you lose all of your work. As a result you receive an F). In the second scenario participants imagined that they could not ride the roller coaster because they were overweight due to a health condition (e.g., Imagine that you are significantly overweight as a result of a health condition. You go to an amusement park and are asked to get off the ride because of your weight). Following the scenarios, participants answered questions assessing the extent to which they would judge

themselves, the extent to which they thought a friend would judge them, and the extent to which they thought an average college student would judge them. Afterwards, participants were presented with widely-used and well-validated scales including self-compassion. After completing the study, participants read a debriefing statement explaining the purpose of the study.

Measures

Self-Judgments. Participants' self-judgments were measured using a 13 item scale rating from 1 (*not at all*) to 7 (*extremely*). These items included statements such as "I would judge myself" and "I would criticize myself." ($\alpha = .89$).

Judgment by Friend. Participants' beliefs of their friend judging them were measured using a 13 item scale rating from 1 (*not at all*) to 7 (*extremely*). These items included statements such as "I think my friends would judge me" and "I think my friends would criticize me." ($\alpha = .89$).

Judgment by Average College Student. Participants' beliefs of an average college student judging them were measured using a 13 item scale rating from 1 (*not at all*) to 7 (*extremely*). These items included statements such as "I think my friends would judge me" and "I think my friends would criticize me." ($\alpha = .90$).

Self-Compassion. Self-compassion was measured using the Self-Compassion Scale (Neff, 2003b). The scale was composed of 26 items on a 1 (*almost never*) to 5 (*almost always*) Likert rating scale measuring 6 components of self-compassion: self-kindness (e.g., I try to be loving towards myself when I'm feeling emotional pain) versus self-judgment (e.g., When times are really difficult, I tend to be tough on myself), common humanity (e.g., When I feel

inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people) versus isolation (e.g., When I'm feeling down, I tend to feel like most other people are probably happier than I am), mindfulness (e.g., When I'm feeling down I try to approach my feelings with curiosity and openness), versus over-identification (e.g., When I fail at something important to me I become consumed by feelings of inadequacy). Negative items were reverse scored and items were averaged so that higher numbers indicated more self-compassion ($\alpha = .84$).

Demographics. Participants completed a 4 item demographic measure that was used to assess the demographic variables of gender, ethnicity, sexual orientation, and classification in school.

Results

Preliminary Analyses

Preliminary analyses were conducted in order to see whether all participants perceived each scenario in the same way. We measured how believable, realistic, typical, and possible the scenarios were. Also, we measured to what extent the participants were able to imagine themselves in each scenario. Repeated measures Analyses of Variance (ANOVA) were conducted and included 3 predictors: scenario (failure vs. weight; within subjects variable) condition (fault vs. no-fault; between subjects variable) and self-compassion (centered covariate) as well as their interactions. Condition, self-compassion, and the interactions did not significantly predict these questions about the scenario (p 's ranging from .096 to .949).

However, the main effect of scenario was significant for 4 of the scenario questions. Regarding how realistic the scenario was, participants found the failure scenario ($M = 5.73$, $SD =$

1.59) to be more realistic than the weight scenario ($M = 5.35$, $SD = 1.49$), $F(1,115) = 6.33$, $p = .013$, $n_p^2 = .052$. Regarding how typical the scenario was, participants found the failure scenario ($M = 4.94$, $SD = 1.71$) to be more typical than the weight scenario ($M = 4.50$, $SD = 1.42$), $F(1,108) = 7.08$, $p = .009$, $n_p^2 = .061$. Regarding how possible the scenario was, participants found the failure scenario ($M = 6.00$, $SD = 1.36$) to be more possible than the weight scenario ($M = 5.56$, $SD = 1.56$), $F(1,113) = 7.14$, $p = .009$, $n_p^2 = .059$. Regarding how likely the participants were able to imagine themselves in each scenario, participants found the failure scenario ($M = 5.37$, $SD = 1.74$) easier to imagine than the weight scenario ($M = 4.42$, $SD = 2.01$), $F(1,106) = 28.58$, $p < .001$, $n_p^2 = .212$. Interestingly, in regards to how believable the scenarios were there was no significant difference between the failure and weight scenarios ($p = .343$).

Perceptions of Judgment

Repeated Measures ANOVAs were conducted to assess whether scenario, condition, centered trait self-compassion, and their interactions significantly impacted perceptions of judgment. Dependent variables of interest included self-judgment (see Table D1), judgment by friends (see Table D2), and judgment by the average college student (see Table D3). Main effects were not discussed when qualified by significant interactions.

Self-Judgment

A significant scenario by condition interaction showed participants had higher self-judgments in the weight scenario ($M = 4.78$, $SD = 1.37$) when it was not their fault than in the failure scenario ($M = 3.85$, $SD = 1.22$). However, there was not a significant difference between the weight ($M = 5.36$, $SD = 0.98$) and failure ($M = 5.52$, $SD = 0.87$) scenarios in the fault condition. Participants rated higher self-judgments in the failure scenario when it was their fault

($M = 5.52$, $SD = .87$) than when it was not their fault ($M = 3.85$, $SD = 1.22$). Finally, participants expressed more self-judgment in the weight scenario when it was their fault compared to when it was not their fault.

Figure A1 shows a significant scenario by self-compassion interaction. Less self-compassionate participants had lower self-judgments in the failure condition than the weight condition. However, high self-compassionate participants expressed less self-judgment for both scenarios.

Judgment by Friends

A significant scenario by condition interaction showed participants believed that their friends would judge them more in the failure scenario in the fault condition ($M = 3.84$, $SD = 1.00$) than in the no-fault condition ($M = 2.66$, $SD = 1.01$). There was no significant difference between the fault ($M = 2.62$, $SD = 1.16$) and no-fault ($M = 2.50$, $SD = 1.08$) condition with the weight scenario. Participants perceived their friends as judging them more in the failure scenario ($M = 3.84$, $SD = 1.00$) in the fault condition than the weight scenario ($M = 2.62$, $SD = 1.16$). However, there was no significant difference between the failure and the weight scenarios in the no-fault condition.

Once again, a significant scenario by self-compassion interaction was found. As seen in Figure B1, high self-compassionate people perceived their friends as judging them less in the weight scenario than the failure scenario.

Judgment by Average College Student

A significant scenario by condition interaction was also found for how much participants expected the average college student to judge them. Participants perceived the average college

student as judging them less in the failure scenario ($M = 3.26$, $SD = 1.15$) compared to the weight scenario ($M = 4.34$, $SD = 1.37$) in the no-fault condition. However, there was no significant difference between the failure ($M = 4.40$, $SD = 1.17$) and weight ($M = 4.77$, $SD = 1.21$) scenario in the fault condition. Participants perceived the average college student as judging them more in the fault ($M = 4.50$, $SD = 1.17$) than the no-fault ($M = 3.26$, $SD = 1.15$) condition when imagining the failure scenario. There was a marginal difference when participants perceived the average college student as judging them less in the no-fault condition ($M = 4.34$, $SD = 1.37$) than the fault ($M = 4.77$, $SD = 1.21$) condition when imaging the weight scenario.

Figure C1 shows a significant scenario by self-compassion interaction. High and low self-compassionate people perceived the average college student as judging them less in the failure scenario than the weight scenario. However, high self-compassionate individuals also thought participants would judge them less in the weight scenario compared to low self-compassionate individuals.

Figure C2 shows a significant condition by self-compassion interaction. Compared to low self-compassionate people, high self-compassionate participants perceived the average college student as judging them significantly less in the no fault condition than the fault. There was no significant difference between low and high self-compassionate people in the fault condition.

General Discussion

The present study investigated whether self-compassionate people perceived others as judging them less compared to less self-compassionate people. Also, we expected to see a stronger effect when participants were in a scenario that was their fault. Our results showed that participants' self-judgments were significantly impacted by both within and between subject

variables. Participants reported higher self-judgments in the weight scenario when it was not their fault than in the failure scenario. This may be due to society's belief that being overweight is not attractive. Continuous exposure to media outlets communicating the message that being overweight is the result of laziness and is unattractive may result in a negative stereotype towards being overweight (Martijn, Alleva, & Jansen 2015). Consistent with previous research that self-compassion is associated with higher body satisfaction and more positive body image (Ferreira, Pinto-Gouveia, Duarte, 2013), our results showed that self-compassionate participants experienced less self-judgment than less self-compassionate participants in the failure and weight scenarios.

In terms of whether self-compassionate participants feel less judged by others, we investigated this hypothesis with two kinds of "other". We anticipated that perceived judgment might look different when considering a kind "friend other" versus a more anonymous "average college student other". We found partial support for our hypothesis. Self-compassionate participants perceived their friend as judging them less in the weight scenario than the failure scenario compared to low self-compassionate participants. These results are consistent with findings that self-compassionate people tend to have overall higher connection with others and more positive social interactions and relationships compared to less self-compassionate people (Lindsay & Creswell, 2014; Yarnell & Neff, 2013). Self-compassionate participants may have perceived their friend as judging them less in the weight scenario because of a stronger perceived interpersonal relationship.

Overall, participants perceived the average college student as judging them less in the failure scenario compared to the weight scenario in the no-fault condition. A possible reason for participants perceiving the average college student as judging them less in the failure scenario

than the weight scenario could be due to negative societal perceptions of being overweight. However, there was no significant difference in the fault condition. There was a significant interaction between self-compassion and each scenario. High self-compassionate participants perceived the average college student as judging them less in the failure and weight scenario. This finding supports our hypothesis that self-compassionate people will perceive others as judging them less compared to low self-compassionate people. Self-compassionate individuals tend to judge themselves and others less (Leary et al., 2007). Due to self-compassionate individuals judging themselves and others less, this may relate to how self-compassionate people perceive others as judging them as well. Self-compassionate people may have the belief that because they judge others less than others will judge them less as well.

Implications

There were important contributions from this study that should be noted. Overall, participants reported higher self-judgments in the weight scenario than the failure scenario. This may indicate the negative characteristics associated with being overweight in western society. It is possible that this effect would not carry over to other embarrassment scenarios. Understanding that self-compassion plays a mediating role in individuals' self-judgment is a valuable contribution to the literature; this reinforces the current research that self-compassion can be used as a buffer against negative events (Leary, Tate, Adams, Allen, & Hancock, 2007). Also, self-compassionate participants perceived their friends as judging them less in the weight scenario than the failure scenario. Although this effect could be driven by self-compassion's impact on a perception of judgment, it is also possible that self-compassionate people may have a more positive impression of their interpersonal relationship and the perceived friend. Our results showed that self-compassionate people perceived the average college student as judging them

less in the failure and weight scenario compared to less self-compassionate people. Overall, we saw that self-compassionate individuals perceived a friend and the average college student as judging them less. However, self-compassionate individuals having a more positive perception of others judging them less may not always be accurate. Allen, Barton, and Stevenson (2015) found that self-critical individuals judged self-compassionate individuals more harshly. Self-compassionate individuals' inaccurate perceptions of others judging them less may result in negative consequences.

Limitations and Future Research

The study was composed of two imagined scenarios. Participants were to imagine themselves in each scenario and then rate what their overall perceptions of judgment would be. It is likely that the scenarios did not capture negative events that happen to people in everyday life. In particular, the weight scenario was rated as being less realistic, typical, and imaginable than the failure scenario. Perceptions of judgment may not match the actual judgment participants would receive in real life. The sample included undergraduate students (primarily female freshman) and may not be generalizable to a larger population.

Future research should attempt to disentangle perceptions of judgment for failure and embarrassing scenarios. Understanding what factors that influence the relationship between self-compassion and perceptions of judgment would be a significant contribution to the literature. Also, future research should focus on why self-compassionate people have higher self-judgments and perceive others as judging them more in a condition that is their fault. Self-compassionate people are less likely to attribute blame to themselves after a negative event has occurred (Adams & Leary, 2010). Current research shows that self-compassionate people should be less likely to judge themselves. Our findings support this claim. Therefore, future research should

focus on *why* self-compassionate people have less self-judgment than low self-compassionate people.

Conclusion

Self-compassion has extensive intrapersonal benefits (Hofmann, Grossman, & Hinton 2011; Lindsay & Creswell, 2014; Neff & McGehee, 2010; Macbeth & Gumley, 2012). But, the literature was limited concerning self-compassion and interpersonal benefits. The overall purpose of our study was to see if self-compassionate people perceived others as judging them less compared to less self-compassionate people. We anticipated an overall stronger effect when participants were in a condition that was their fault. Our results showed that self-compassionate individuals were less likely to use self-judgment and perceived others as judging them less compared to less self-compassionate individuals. Further research is needed to determine the relationship between self-judgment and perceptions of judgment. Self-compassionate people may judge themselves less and then mimic this self-perception when imagining the judgments of others. However, self-compassionate participants' self-judgment may be driven by a belief that society judges them less harshly.

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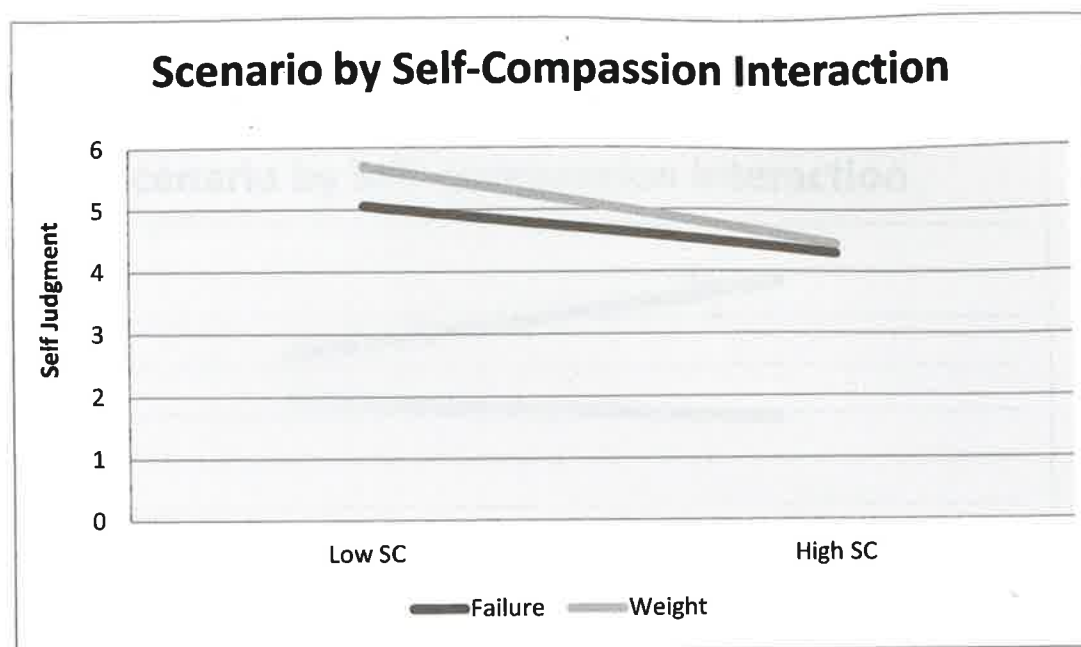
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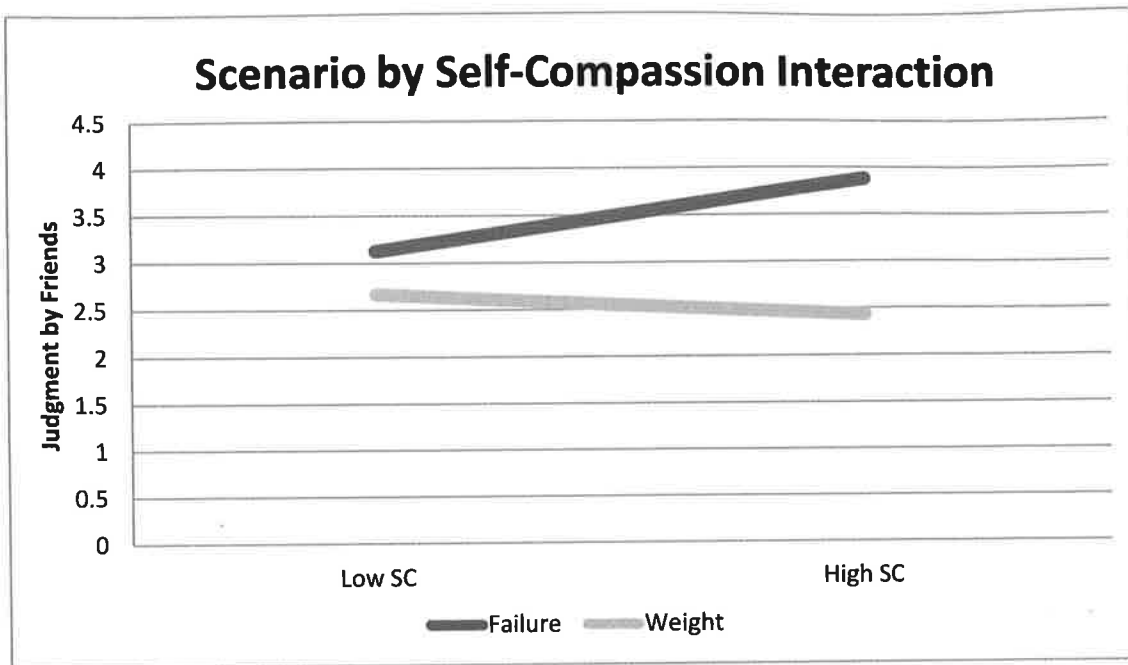
Appendix A

Figure A1



Appendix B

Figure B1



Appendix C

Figure C1

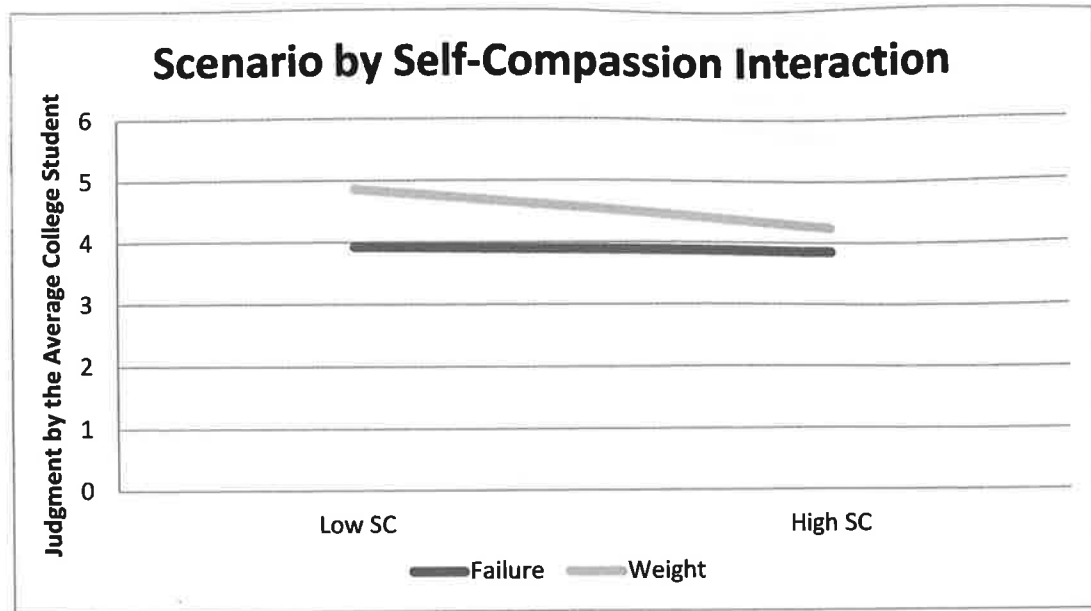
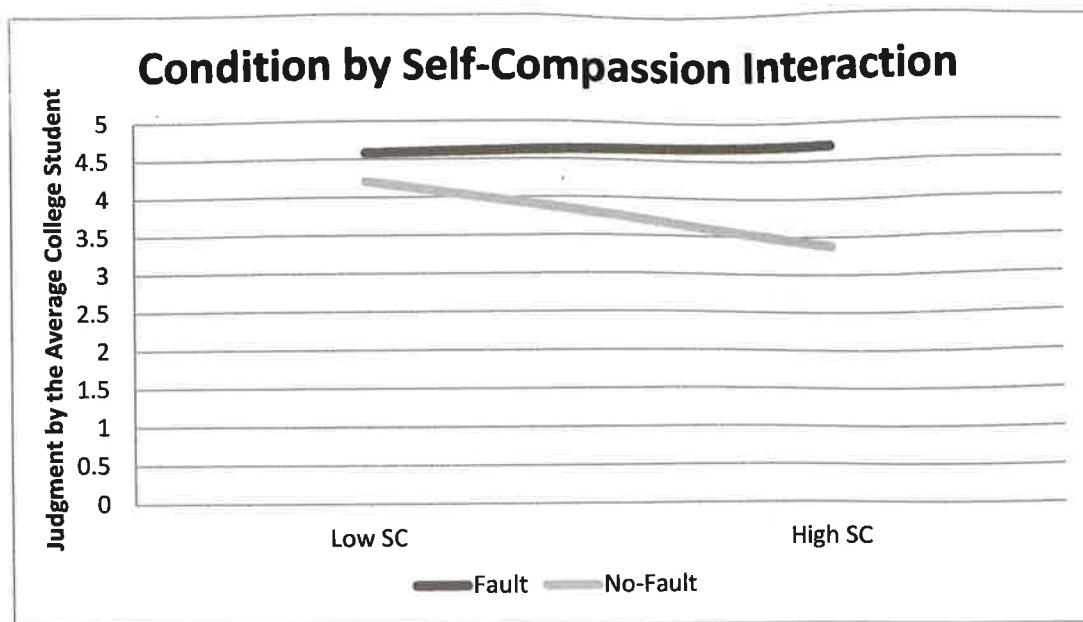


Figure C2



Appendix D

Table D1. Repeated Measures ANOVA. Self-Judgment.

	<i>df</i>	<i>F</i>	<i>p</i>	<i>np</i> ²
WITHIN				
Scenario	1	11.46	.001	0.09
Scenario x Condition	1	23.97	.000	0.17
Scenario x SC	1	4.23	.042	0.03
Scenario x SC x Condition	1	0.12	.735	0.001
Error	119			
BETWEEN				
Condition	1	16.42	.000	0.12
SC	1	0.003	.954	0.00
Condition x SC	1	0.05	.832	0.00

Table D2. Repeated Measures ANOVA. Judgment by Friends.

	<i>df</i>	<i>F</i>	<i>p</i>	<i>np</i> ²
WITHIN				
Scenario	1	44.01	.000	0.27
Scenario x Condition	1	26.04	.000	0.18
Scenario x SC	1	5.35	.022	0.04
Scenario x SC x Condition	1	0.43	.512	0.00
Error	117			
BETWEEN				
Condition	1	58.90	.000	0.98
SC	1	49.91	.000	0.30
Condition x SC	1	0.25	.621	0.00

Table D3. Repeated Measures ANOVA. Judgment by the Average College Student.

	<i>df</i>	<i>F</i>	<i>p</i>	<i>np</i> ²
WITHIN				
Scenario	1	34.31	.000	0.23
Scenario x Condition	1	13.40	.000	0.10
Scenario x SC	1	5.44	.021	0.05
Scenario x SC x Condition	1	0.08	.783	0.00
Error	116			
BETWEEN				
Condition	1	20.71	.000	0.15
SC	1	3.50	.064	0.03
Condition x SC	1	6.21	.014	0.05